


*Brooke Army Medical Center  
Dept of Nutritional Medicine  
Dietitians Cookbook*

**Right to Enjoy the Taste of Eating**





*Many folks have misconceptions about what it means to be a registered dietitian. They may assume that we only ever eat salad, that we never have dessert, or that we are judging our dining companions based on their plate and their waistline. None of this is true! So here is the secret truth about us dietitians: most of us joined the profession because we love food! While diets have a large impact on health and optimum mental and physical performance, food is so much more than that! It is a part of our heritage, our culture, the way we socialize, how we nurture, and the way that we enjoy and interact with our world. In fact, taste is the number one reason we choose one food over another.*

*This year the Academy of Nutrition and Dietetics has challenged us to “Enjoy the Taste of Eating Right®”. The dietitians of the Department of Nutritional Medicine at Brooke Army Medical Center have compiled their favorite recipes to share how they Enjoy the Taste of Eating Right®” in their own homes. What you may be surprised to see is that we face many of the same challenges as you do in trying to get healthy food to the table while balancing work and family activities with the desire for excellent taste.*

*Although the majority of these recipes would be considered healthy, there are a few that are purely traditional favorites and would be best served as an occasional treat. In general, dietitians do not focus on calories, but rather, we focus on nutrients. Since we all have holiday and family traditions (dietitians included!) it is our intent to show that we can and do enjoy comforting foods in moderation by watching our portion sizes, choosing those items higher in calories and fat much less often, and by balancing the rest of our intake with plenty of fruits and vegetables, whole grains, lean meats, and low-fat dairy.*

*Dietitians tend to cook at home more often than not, and we like to experiment with all kinds of spices, herbs, and flavorings as well as extra ingredient additions or substitutions (sometimes not so successfully, but none of those recipes were included!)*

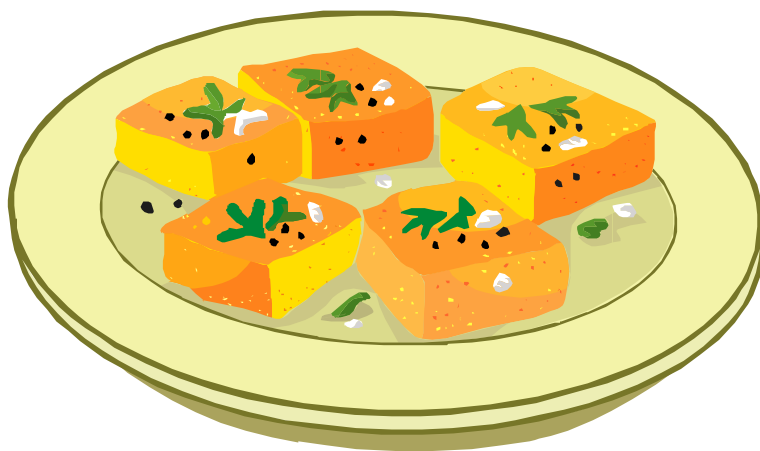
*Above all, we truly do enjoy good food! So from our home to yours, we invite you to try some of the following recipes and to “Enjoy the Taste of Eating Right®”.*

*Healthy Regards,  
Department of Nutritional Medicine Brooke Army Medical Center*

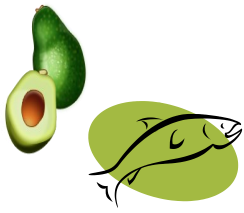
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# Appetizers







# *Salmon Ceviche*

Contributed By: Major Michael Trust MS, RD  
Bariatric Dietitian

Great in the summer time for a refreshing and nutrient dense meal!

This delicious recipe packs a nutritional punch providing a good dose of healthy fats like the omega-3s found in wild salmon. Omega-3 fatty acids fight inflammation in the body and have been linked to improving numerous health conditions including stroke & arthritis. In fact, the NFL & Armed forces have been examining the role of Omega-3s in improving outcomes following traumatic brain injury.

The avocados provide poly- and monounsaturated fats which are healthier alternatives to saturated fats. A little healthy fat can help increase your satisfaction and keep you feeling fuller longer. Avocados are also a great source of potassium!

## **Serves 4**

**Calories per serving: 255 Protein: 20g Carbohydrate: 12g Fat: 15g**

(calorie data from myplate.gov recipe tracker)

## **Ingredient List**

12oz wild salmon fillet  
2 small to medium avocados  
1 cup store bought pico de gallo (any brand)  
4 to 6 lemons  
Cilantro, to taste  
Fish seasoning mix or lemon pepper, to taste  
Optional: Flaxseed crackers or whole grain toast (not included in calorie count)

## **Preparation Instructions**

1. Cut salmon fillet to medium dice-sized cubes and place in storage bowl that has a lid. Season fish with seafood seasoning mix or lemon pepper.
2. Peel and slice the avocados into 1/8" slices and cut in half to make 16 slivers per avocado. Add to raw salmon.
3. Mix in the pico de gallo into the bowl of salmon and avocado.
4. Chop the cilantro leaves and mix into the bowl.
5. Squeeze lemon juice into the bowl until the juice accumulates at the bottom. Mix the juice thoroughly until the salmon cubes are thoroughly coated, and there is still juice accumulated at the bottom of the bowl.
6. Seal the bowl with the lid and refrigerate for no less than 1 hour.

Suggested to serve with whole grain toasted crackers with flaxseeds.



# *Super Simple Peanut Butter Tofu Dip*

Contributed By: 2LT Samantha Gerbine  
Dietetic Intern

This super simple recipe is a great way to help increase your fruit & veggie intake by adding some yummy flavor to your apples or celery slices. Tofu takes on the flavor of whatever it is mixed with it *and* helps to increase the protein while lowering the fat and sugar that may come with many other fruit and veggie dips.

## **Serves 8**

**Calories per serving: 145   Protein: 6g   Carbohydrate: 12g   Fat: 9g**  
(calorie data from myplate.gov recipe tracker)

## **Ingredient List**

1 cup tofu silken  
½ cup creamy peanut butter  
¼ cup honey

## **Preparation Instructions**

1. Combine all ingredients into blender or food processor, blend till smooth
2. Enjoy with fresh cut apple slices or celery



# *Chocolate Lover's Fruit Dip*

Contributed By: Mrs. Denise Sprague RD, LD, CDE  
Outpatient Dietitian, Diabetes Educator

Another super simple dip to increase your fruit intake, and great for special occasions.

## **Serves 8**

**Calories per serving: 70 Protein: 2g Carbohydrate: 12g Fat: 2**  
(calorie data from myplate.gov recipe tracker)

## **Ingredient List**

2 cups fat free sour cream  
1 oz grated unsweetened chocolate  
1 tsp vanilla  
¼ cup Splenda®

## **Preparation Instructions**

1. Mix all ingredients together in bowl, cover and refrigerate for 1-2 hours prior to serving.
2. Dip is great with strawberries, bananas, pineapple or apples.



# Soups & Salads





## *Strawberry Spinach Salad*

Contributed By: LTC Marybeth Salgueiro DCN, RD, LD  
Assistant Chief, Department of Nutritional Medicine

A super easy crowd pleasing salad with a sweet and tangy taste. Top with a little grilled chicken to make it a satisfying summer meal or leave as is and enjoy as a side dish. This salad provides 5g of fiber, nearly ¼ of your iron needs, 80% of your vitamin A requirements, 60% of your folate needs and more than 100% of your vitamin C and K requirements—all in a great package!

### **Serves 6**

**Calories per serving: 250 Protein: 5g Carbohydrate: 24g Fat: 17g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

#### Salad

1lb fresh spinach  
3 green onions, sliced  
3 cups whole strawberries  
1 small can mandarin oranges, drained  
1/4 c chopped cashews

#### Dressing

3Tbsp honey  
½ tsp ground mustard  
½ tsp ground paprika  
1/3 cup canola oil  
2Tbsp white vinegar  
½ tsp celery seed

### **Preparation Instructions**

1. Wash spinach. Dry and wrap in a paper towel; place in refrigerator to crisp.
2. Wash, hull and drain strawberries; then slice.
3. Combine spinach, green onions, strawberries, mandarin oranges and cashews.
4. To make dressing - combine all ingredients. Pour only when serving.



## *Quinoa (Keen-Wah) Salad*

Contributed By: 1LT Brittany Piche MS, RD  
Outpatient Dietitian

This fantastic salad features the protein-packed whole grain quinoa. This high fiber recipe will fuel you up and keep you feeling full providing a full cup of vegetables per serving. Each portion includes 7 grams of fiber, nearly 100% of your daily vitamin C needs, and nearly 50% of daily recommendations for folate— a nutrient important for women of child bearing age . This salad can be part of a healthy meal or stand alone as an entrée.

### **Serves 8**

**Calories per serving: 270 Protein: 9g Carbohydrate: 26g Fat: 15g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1 cup cooked quinoa  
1 cup frozen edamame thawed and shelled  
1 red or yellow bell pepper, diced  
1 cup carrots, diced  
½ cup diced green onion  
¼ cup chopped walnuts  
1 lime  
¼ cup store bought Asian sesame dressing

### **Preparation Instructions**

1. Combine quinoa, edamame, bell pepper, carrots, green onion and walnuts in a bowl
2. Cut lime and squeeze over top
3. Pour ¼ cup of Asian sesame dressing over top
4. Toss to coat and serve

This makes for great leftover the next day, and can be used to top a salad of fresh greens as well.



## *Something is Different” Apple Cinnamon Fruit Salad*

Contributed By: Maj Amanda Sager RD, LD, MS, CHES  
AF Nutritional Medicine Flight Commander & U.S. Military Dietetic Internship Site Coordinator

Have you ever noticed when something is really fantastic in a recipe and you can't put your finger on it ? It is often cinnamon. This innovative take on a fruit salad will get people raving about how good it is. While the evidence is mixed there are indications that cinnamon may help lower blood sugar in people with diabetes. We hope that this recipe helps you enjoy the taste of eating right providing 8g of cholesterol lowering fiber, and 10% of daily potassium and magnesium requirements. **This fruit salad can stand alone but is fantastic as a topper for your morning oatmeal.** For a lower carbohydrate option you can omit the banana and brown sugar, since the fruit offers its own natural sweetness.

### **Serves 8**

**Calories per serving: 245 Protein: 2g Carbohydrate: 50g Fat: 6g**

(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

3 large apples chopped  
1 medium banana sliced (optional)  
6 Medjool dates, pits removed, chopped  
5 dried figs, chopped  
¼ cup chopped pecans  
Cinnamon, to taste  
1 Tbsp brown sugar (optional)

### **Preparation Instructions**

Combine and enjoy!



## *Grass Fed Beef Chili*

Contributed By: Capt Sara Koepke RD, LD  
Assistant Chief, Patient Room Service

What is better on a cold day than a hearty bowl of chili? This family recipe is a favorite at the Koepke household. Beans are an excellent source of nutrition offering fiber, minerals and vitamins, and they are good sources of protein too! This recipe calls for grass fed beef because it is higher in Omega-3 fatty acids than grain fed beef but you are free to use either as long as you are opting for lean ground beef.

### **Serves 8**

**Calories per serving: 250 Protein: 18g Carbohydrate: 30g Fat: 7g**

(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1lb grass-fed beef  
28oz can of diced tomatoes (regular or low sodium)  
15 oz can tomato sauce (regular or low sodium)  
15 oz can kidney beans  
1 ½ Tbsp chili powder (1 ½ Tbsp is pretty spicy, so you can opt for less if desired)  
1 tsp oregano  
½ tsp black pepper  
½ tsp sugar  
4-6 cloves of garlic, chopped  
1 medium onion, diced  
1 tsp cumin  
1 Tbsp unsweetened cocoa powder (optional)  
1 tsp smoked paprika (optional)

### **Preparation Instructions**

1. Brown meat over medium heat in large stock pot and break apart to desired consistency
2. Add diced onions and garlic and add to meat while browning
3. After browning the meat, add tomato sauce and diced tomatoes (with juice) and beans
4. Add chili powder, oregano, black pepper, sugar, cumin, cocoa powder, and paprika. Stir to combine
5. Simmer over medium heat for 1 hour and serve



## Green Tortilla Soup

Contributed By: CPT Susan Stankorb DCN, RD, CNSC  
Chief, Education & Research Branch

This spicy winter time dish is a fun twist on a San Antonio classic that always gets rave reviews when served to guests. While this soup is good as is, it is best when served over blue corn tortilla chips with a little cheddar cheese to top. It is low in cholesterol, moderately low in fat and provides 3g of fiber, 20% of your calcium needs, 40% of your vitamin B-6 needs, 30% of your vitamin C and it sneaks almost a full serving of veggies into each serving.

### Serves 8

**Calories per serving: 360 Protein: 23g Carbohydrate: 38g Fat: 15g**  
(calorie data from myplate.gov recipe tracker)

### Ingredient List

1lb boneless, skinless chicken breast  
32oz carton of chicken broth (low sodium)  
10 oz bag frozen corn kernels  
1 bunch of cilantro, chopped  
1 large onion, chopped  
3 fresh limes  
15 ounce jar of salsa verde  
3 cloves of chopped garlic  
Cumin, to taste (optional)  
1-2 jalapenos (for desired spice)  
1 bag blue corn tortilla chips  
2 cups jack cheese, grated  
Cooking spray

### Preparation Instructions

1. Spray bottom of large stock pot with cooking spray and heat to medium high heat. Add garlic, cumin, jalapeno, and chopped onion to cook until onions are near translucent.
2. Add raw chicken breast, chicken broth, juice of three limes, and salsa verde. Bring to a boil and turn heat down to a simmer for 45min-1hr until chicken is cooked through.
3. Remove chicken from broth and shred using two forks
4. Add shredded chicken back to stock mixture
5. Add frozen corn and return to a boil
6. Add cilantro last
7. Serve soup over blue corn tortilla chips with a few tablespoons of shredded cheese over the top.





## *Poblano Shrimp & Chicken Soup*

Contributed By: Mrs. Lisa Cameron RD, LD, CNSC, CDE  
Clinical Dietitian

Another great San Antonio soup to warm you through on a chilly day. This mildly spiced soup mixes land and sea and offers 500mg of omega-3 fatty acids and a full cup of fresh veggies in each serving!

### **Serves 8**

**Calories per serving: 345 Protein: 41g Carbohydrate: 17g Fat: 12g**

(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1 lb chicken, cooked, shredded  
1 ½ lbs shrimp, cooked, peeled & deveined  
8 oz fresh mushrooms, sliced  
1 large onion, minced  
3 Poblano peppers, roasted for 10 minutes in oven, peeled and chopped  
6 cups chicken broth  
1 cup corn  
3 stalks celery, chopped  
2 cups sliced carrots  
8 oz lite sour cream  
8 oz package lite cream cheese

### **Preparation Instructions**

1. In food processor or high quality blender, puree roasted poblano peppers with sour cream and cream cheese until smooth
2. Place all ingredients except the chicken and shrimp into large stock pot and cook for ~20 -30 minutes until vegetables are tender
3. Add chicken and shrimp at the end and cook until heated through
4. Enjoy!



## *Rita's Spicy Bean Soup*

Contributed By: Mrs. Cherita Ogunsayna MBA, RD, LD  
Outpatient Dietitian

This hearty, low fat soup helps lower cholesterol due to its high soluble fiber content and is an excellent alternative to meat based dishes making it budget friendly. 12g of fiber per serving!!

### **Serves 4**

**Calories per serving: 260 Protein: 18g Carbohydrate: 40g Fat: 4g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

14.5 oz can Hunt's fire roasted tomatoes  
2 cups red kidney beans, cooked (canned is fine)  
1 cup raw cabbage, chopped  
10.5 oz can low sodium tomato soup with tomato pieces  
2 tsp cayenne pepper  
3 tsp granulated garlic  
2/3 cup soy sausage crumbles  
1 cup water

### **Preparation Instructions**

1. If preparing beans from dry, cover 2/3 cup dry beans with 2 inches of water and soak overnight in cold water (alternatively, cover beans with boiling water and soak for 1 hour). Boil soaked beans for about 1 hr until semi-soft, not mushy.
2. Drain beans
3. Add tomato soup and canned tomatoes including liquid.
4. Add an additional cup of water
5. Add granulated garlic and cayenne pepper
6. Cook over medium high heat for an additional 30 minutes or until soft, not mushy
7. Add sausage crumbles and cabbage and cook for an additional 10-15 minutes; add water depending on desired consistency. Divide into bowls and serve.



## *Best Ever Butternut Squash Soup*

Contributed By: CPT Sheila Lavertue MS, RD, LD  
Assistant Chief, Culinary & Hospitality Branch

This soup is rich in beta-carotene and blood pressure lowering potassium. One serving of this soup provides 1 ½ servings of vegetables!

### **Serves 6**

**Calories per serving: 155 Protein: 3g Carbohydrate: 24g Fat: 6g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1 large butternut squash, halved and seeded  
2 cups carrots, sliced  
2 cups potatoes, diced  
1 cup onion, chopped  
1 cup celery, chopped  
2 Tbsp butter  
6 cups chicken broth  
1tsp black pepper (add more if desired)  
¼ tsp nutmeg  
1 tsp thyme  
¼ cup half & half

### **Preparation Instructions**

1. Place the butternut squash cut side down in baking dish. Add 1 inch water. Bake in oven at 350 degrees for 45-60 minutes. Cool slightly until able to scoop out the flesh.
2. While squash is baking, melt butter in soup pot; add onion and celery. Cook over medium heat until tender, but not browned. Add chicken broth, carrots, potatoes, pepper, nutmeg, and thyme. Simmer uncovered until carrots and potatoes are tender.
3. Add in squash and stir to combine. If smooth soup is desired, blend in small batches.
4. I usually blend about ½ the soup and leave some vegetables whole.
5. Just prior to serving, stir in ¼ cup half & half. Do not bring to boil after adding the half & half. Enjoy!

# *Vegetables*





## Sweet Potato Casserole

Contributed By: 2Lt Crescent Henry  
Dietetic Intern

This special casserole was a hit at our Department of Nutritional Medicine holiday party. We recognize this delicious veggie dish is a little higher in fat and sugar than we would like, but it can easily be modified to fit into a healthy diet with suggestions provided below. We consider this a special vegetable treat, so make sure to watch your portion sizes if you opt to prepare it as listed. Unlike many special treats, this one comes with added bonus of being a good source of calcium, potassium, vitamin A and C. It may also be a good starter vegetable dish for those in your family who may not be avid veggie lovers like us!

*Suggested modification: consider substituting ¼ cup of the butter in the casserole for unsweetened applesauce and substituting Splenda® for both the brown sugar and white sugar. These simple modifications cut ~200 calories, 6g of fat per serving & ~1/2 the carbohydrates per serving.*

### Serves 8

**Calories per serving: 450 Protein: 4g Carbohydrate: 61 g Fat: 22g**

(calorie data from myplate.gov recipe tracker)

### Ingredient Lists

#### Casserole

3 cups cooked, mashed sweet potatoes, cooled  
¾ cup sugar (may substitute Splenda®)  
2 large eggs, beaten  
1 Tbsp vanilla  
1/2 cup butter, softened

#### Topping

1/3 cup flour  
¾ cup brown sugar  
1/3 cup butter, softened  
1 cup chopped pecans

### Preparation Instructions

1. Combine casserole ingredients in a large bowl and beat with electric mixer at high speed to combine well. Pour into greased baking dish.
2. Combine topping ingredients; topping will be crumbly.
3. Sprinkle topping mixture on top of casserole mixture
4. Bake for 30 minutes at 350F or until topping is nicely browned and potatoes are heated through



# *Okonomiyaki: Japanese-Style Vegetable Pancakes*

Contributed By: 2LT Melissa Shaffer  
Dietetic Intern

Who doesn't love pancakes?! While these aren't your traditional pancakes, they do make a fantastic side dish but can stand alone as the main attraction! This veggie packed treat is a household favorite from time spent abroad.

## **Serves 6**

**Calories per serving: 200 Protein: 10g Carbohydrate: 25 g Fat: 8g**

(calorie data from myplate.gov recipe tracker)

## **Ingredient Lists**

### Pancakes

5 cups shredded cabbage  
4 medium carrots, peeled into ribbons with a vegetable peeler  
5 Lacinato kale leaves, ribs removed, leaves cut into thin ribbons  
5 Scallions, thinly sliced  
1 tsp kosher salt  
½ cup all-purpose flour  
6 large eggs, lightly beaten  
Canola oil to coat skillet

### Okonomiyaki Sauce (optional)

¼ cup ketchup  
1 ½ Tbsp Worcestershire sauce  
¼ tsp Dijon mustard  
1 tsp rice cooking wine or sake  
1 tsp soy sauce  
1 Tbsp honey  
⅛ tsp ground ginger

## **Preparation Instructions**

1. Combine cabbage, carrot, kale, scallions flour and salt together in a large bowl. Add eggs to vegetable mixture
2. Heat skillet on medium-high heat and coat the bottom with canola oil
3. Add 3-4 small piles of batter to skillet
4. Gently press down with a spatula to flatten slightly, but no need to spread them much. Cook for 3 minutes, or until the edges brown. Flip the pancakes and cook them again until brown underneath.
5. Set aside and make sauce.
6. Combine all sauce ingredients in a small saucepan and let simmer for 3 to 5 minutes, until smooth and thick.
7. Serve pancakes with or without okonomiyaki sauce. Pancakes are best served while hot.





## *Sweet Cheddar Squash*

Contributed By: LTC Marybeth Salgueiro DCN, RD, LD  
Assistant Chief, Department of Nutritional Medicine

Yum! Butternut squash offers potassium, vitamin A and a surprise: this recipe provides 125mg of calcium! Enjoy as a break from the traditional steamed veggies at your dinner table. Great for holidays too! Substitute turkey bacon or omit bacon altogether to reduce calories in this dish.

### **Serves 6**

**Calories per serving: 110 Protein: 5g Carbohydrate: 11g Fat: 6g**  
(calorie data from myplate.gov recipe tracker, analysis includes bacon)

### **Ingredient List**

3 cups butternut squash, cubed  
½ cup cheddar cheese, shredded (you can use reduced fat cheese)  
½ tsp dried sage  
1 Tbsp Maple syrup  
2-3 slices bacon, cooked (Optional, and may use turkey or regular depending on your dietary preferences)

### **Preparation Instructions**

1. Boil squash until tender and drain.
2. Mash drained squash; stir in cheddar cheese, sage and syrup.
3. Top with chopped bacon if desired.



## *Rita's Southern Green beans*

Contributed By: Mrs. Cherita Ogunsayna MBA, RD, LD  
Outpatient Dietitian

We all have things from our childhood that remind us of home and maybe wish we could make them a little healthier. Our dietitians are excellent at recipe modification and do that for some of their family favorites. These southern style green beans have been modified to reduce saturated fat but still pack plenty of flavor. If you're watching your sodium we recommend omitting the garlic salt and only using granulated garlic.

### **Serves 6**

**Calories per serving: 60    Protein: 2g    Carbohydrate: 8g    Fat: 2g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

2 cans cut green beans, no salt added is preferable  
1 slice turkey bacon  
¼ medium yellow onion (diced or sliced is ok)  
1 tsp sugar  
2 tsp canola oil  
1 tsp black pepper  
1 tsp garlic salt w/parsley flakes  
1 tsp granulated garlic (not garlic powder)

### **Preparation Instructions**

1. Place the oil into a pan over medium heat
2. While oil is heating, cut turkey bacon into at least 4 smaller pieces (can make smaller if preferred)
3. Place turkey bacon into heated oil and cook until well done (not burned)
4. While turkey bacon is cooking, chop/slice onion into smaller pieces
5. Place onion into pan, turn heat down slightly to allow the onions to sauté
6. Once onions are almost translucent, add green beans (drain all the water first)
7. Add sugar and spices (can adjust to taste)
8. Cook over medium heat until desired consistency



## *Momma A's Glazed Carrots & Onions*

Contributed By: 2Lt Joanna Amstelveen  
Dietetic Intern

This vegetable recipe is a little higher in fat but it may be a good starter for those in your family who are picky about veggies. Carrots have a good amount of natural sweetness which is enhanced by the brown sugar in this recipe.

### **Serves 8**

**Calories per serving: 120 Protein: 1g Carbohydrate: 10g Fat: 9g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1 ½ lb carrots  
1/3 cup butter  
3/4 tsp salt  
3/4 tsp ground ginger  
3 Tbsp brown sugar  
1 medium onion thinly sliced onions

### **Preparation Instructions**

1. Slice and cut carrots horizontally making slices about 5 inches long
2. Heat skillet on medium with 1/2 inch of boiling water and add carrots.
3. Cover and simmer for 10 minutes or until al dente.
4. Add onion slices and cook for an additional 5 minutes.
5. Drain any remaining water. Heat skillet to medium high. Add butter, salt, brown sugar, and ginger.
6. Stir frequently until vegetables are glazed.
7. Enjoy!



## *Roasted Cauliflower Florets*

Contributed By: CPT Karen Rowey RD, LD  
Nutrition Informatics

Believe it or not, these work well as a substitute for tater tots or even as a lower calorie alternative to popcorn on movie night — providing 1 ½ cups of vegetables per serving!

### **Serves 4**

**Calories per serving: 65 Protein: 5g Carbohydrate: 9 g Fat: 2g**

(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

Cooking spray

1 head of cauliflower raw, chopped into florets

1 Tbsp garlic

¼-1/3 cup Parmesan Cheese, grated

½ Tbsp thyme

½ Tbsp salt (optional)

1 tsp pepper

### **Preparation Instructions**

1. Preheat oven to 425°F, or for crispier florets bake at 450°F
2. Spray baking sheet with cooking spray
3. Place cauliflower florets in a single layer on baking sheet
4. Combine all spices and sprinkle spice mixture evenly over cauliflower
5. Roast in oven until golden with tips lightly brown and florets are tender (20-30minutes)
6. Let cool for 5 minutes and enjoy!



## *Roasted Brussels Sprouts*

Contributed By: Ms. Christine Collymore RD, LD, CNSC  
Pediatric Dietitian

Did you know that kids actually have stronger and more acute taste buds than us adults? This is sometimes why they find certain tastes so unpleasant and will often reject certain foods. However, roasting vegetables helps bring out their natural sweetness and helps reduce some of the unpleasant flavors. So while many people may not like a certain vegetable like Brussels sprouts steamed they may be pleasantly surprised to taste them roasted. It may take multiple exposures to a food to get your kids to try it, but it is worth continuing to present these foods to help them develop a well-rounded pallet and diet.

### **Serves 4**

**Calories per serving: 50 Protein: 2g Carbohydrate: 4g Fat: 4 g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1 bag fresh Brussels sprouts  
1Tbsp olive oil  
salt and pepper, to taste  
Optional, add freshly squeezed lemon juice

### **Preparation Instructions**

1. Heat oven to 350 degrees.
2. Cut ends from Brussels sprouts, if needed
3. Lightly toss Brussels sprouts in olive oil (1-2 tsp).
4. Spread evenly on a baking sheet and season with salt and pepper to taste, for those on a low sodium diet, substitute Mrs Dash or other salt free alternative.
5. Bake for 13-15 minutes to desired tenderness.
6. Optional - squeeze juice from 1/2 lemon on Brussels sprouts and serve immediately.



## *Italian Style Green Beans*

Contributed By: 1LT Brittany Piche  
Outpatient Dietitian

Sometimes simple is best for getting a good veggie on the table. Frozen vegetables are generally picked at their peak of ripeness and most do not contain added sugar or salt. For this reason frozen veggies are an ideal staple for us when we aim to put a home cooked, simple meal on the table at the end of a long work day.

Sometimes plain steamed veggies need a bit of pizzazz, and adding a small amount of Italian salad dressing adds the perfect zip. The small amount of fat can help with absorbing some of the nutrients in vegetables. If desiring to cut the calories, you can use the powdered Italian salad dressing mix instead and add just ½ a packet to the water when cooking these green beans.

### **Serves 2**

**Calories per serving: 80 Protein: 2g Carbohydrate: 15g Fat: 2g**

(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

10 oz package frozen thin green beans  
1/2 cup water  
¼ cup Italian salad dressing  
2 Tbsp balsamic vinegar  
1 Tbsp garlic  
Non-stick cooking spray

### **Preparation Instructions**

1. Spray a sauté pan with nonstick spray. Heat garlic until lightly cooked.
2. Add green beans and 1/2 cup water. Cover and cook on medium-high for 5-10 minutes (based on desired texture).
3. Add Italian dressing and balsamic vinegar during last 2 minutes of cooking.



# *Entrées*





# *Overnight No-Cook Oatmeal with Fruit*

Mrs. Lisa Cameron RD, LD, CNSC, CDE  
Clinical Dietitian

Skipping breakfast can contribute to weight gain and poor nutrition decisions later in the day. Kids who routinely skip breakfast may have poor performance in school. Why not get a jump on a healthy breakfast the night before to avoid the morning rush? Oatmeal is high in cholesterol lowering soluble fiber and is filling so it keeps you running well all morning long.

## **Serves 6**

**Calories per serving: 315 Protein: 9g Carbohydrate: 60g Fat: 7g**

(calorie data from myplate.gov recipe tracker)

## **Ingredient List**

2 cups old fashioned rolled oats  
1 cup low-fat milk  
1 cup apple juice  
¼ cup honey  
1 tsp cinnamon  
8oz container of low-fat vanilla yogurt  
1 green apple  
2 pints fresh berries  
½ cup chopped walnuts

## **Preparation Instructions**

1. Stir together the first 5 ingredients and cover.
2. Chill overnight in refrigerator
3. In the morning, slice green apple.
4. In individual bowls, spoon out 6 even portions of oatmeal mixture then top with yogurt a few slices of green apple, berries and walnuts.



## *Pumpkin Pie Oatmeal*

Contributed By: MAJ Nicole Charbonneau MS,RD,LD  
Chief, Culinary & Hospitality Branch

Oatmeal is a popular breakfast among our dietitians, but we try to keep things interesting and are not afraid to experiment. Pumpkin is all the rage in the fall and this recipe will fit right in with the pumpkin mania *and* be a pleaser for the kiddos while providing 1 ½ cup of whole grains and 7g of fiber per serving. Plus, it is super simple, portions can be pre-made and just pulled out to microwave throughout the week.

### **Serves 1**

**Calories per serving: 240 Protein: 7g Carbohydrate: 35g Fat: 9g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

½ cup uncooked old fashioned oats  
¼ cup canned pumpkin puree (not pumpkin pie filling)  
½ to ¾ cup water depending on desired oatmeal thickness  
1 tsp pumpkin pie spice  
1 Tbsp chopped walnuts

### **Preparation Instructions**

Combine all ingredients  
Microwave 1- 1 ½ minutes  
Enjoy!



## Edamame Succotash with Shrimp

Mrs. Lisa Cameron RD, LD, CNSC, CDE  
Clinical Dietitian

Another crowd-pleaser (with 1 ¼ cup of vegetables per serving!) Traditional succotash has lima beans, but substituting protein-packed edamame is a great alternative. This dish is super flavorful, and provides ample potassium, selenium, and folate!

### Serves 4

**Calories per serving: 290 Protein: 31g Carbohydrate: 26g Fat: 8g**  
(calorie data from myplate.gov recipe tracker)

### Ingredient List

1½ cups frozen shelled edamame  
3 slices bacon  
½ cup chopped celery  
¼ cup chopped red onion  
3 cloves garlic, minced  
1 to 2 Jalapeno peppers, split lengthwise and cut crosswise into thin strips  
2 cups fresh corn kernels (about 2 ears, can use frozen if needed)  
3 Tbsp white wine  
1 lbs medium shrimp, peeled and deveined  
½ tsp salt  
¼ tsp fresh ground black pepper  
2 Tbsp chopped fresh parsley

### Preparation Instructions

1. Prepare edamame according to package directions, omitting salt. Drain.
2. Cook bacon in large nonstick skillet over medium-high heat until crisp. Remove from pan, reserving ~1 Tbsp drippings in a pan. Crumble bacon and set aside.
3. Reduce heat to medium, add celery, onion, garlic and jalapenos to pan with reserved bacon drippings; cook 2 minutes, stirring frequently.
4. Stir in edamame, corn, wine, and shrimp; cook 5 minutes or until shrimp are done, stirring frequently.
5. Remove from heat.
6. Stir in salt, pepper and sprinkle with crumbled bacon and parsley.
7. Serve immediately.



# *Shrimp Creole*

Contributed By: CPT Sheila Lavertue MS, RD  
Assistant Chief, Culinary & Hospitality Branch

This is a lean shrimp dish that may be whipped up fairly quickly on a weeknight, especially if you pre-prep your veggies on the weekend so they are chopped and ready to go. Each serving provides 1 ¼ cup of vegetables! Adding extra vegetables to a meal increases the “fill factor” keeping us full longer while decreasing the total calories. For a little extra fiber and some whole grain goodness, try serving this dish over brown rice.

## **Serves 6**

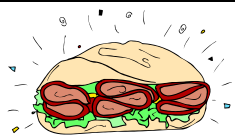
**Calories per serving: 200   Protein: 17 g   Carbohydrate: 12 g   Fat: 10g**  
(calorie data from myplate.gov recipe tracker)

## **Ingredient List**

1 lb shrimp, peeled, deveined, uncooked  
1 cup each celery, onion, green pepper-finely diced  
2 cloves garlic, minced  
3 Tbsp butter  
2 14 oz cans diced tomatoes, drained  
1-2 Tbsp chopped parsley  
¼ tsp cayenne pepper (add more if desired)  
1 bay leaf  
5 tsp cornstarch  
3 Tbsp water

## **Preparation Instructions**

1. Cook celery, onion, green pepper, and garlic in butter until tender.
2. Add tomatoes, parsley, cayenne pepper, and bay leaf.
3. Bring to a boil, cover and simmer 20 minutes.
4. Mix cornstarch and water, add to simmering vegetable mixture.
5. Add shrimp
6. Stir until thickened and shrimp are pink.
7. Serve over rice with a dash of hot sauce to taste.



## *Crockpot Shredded Beef Sandwiches*

Contributed By: Mrs. Denise Sprague RD, LD, CDE  
Outpatient Dietitian, Diabetes Educator

After a full day at work, getting dinner on the table can be a real challenge. Enter the crock-pot, a working girl's (or guy's) best friend! You can prep this the night before, set the crockpot before you leave in the morning, and come home to a near ready-made dinner at the end of the day. Serve with a colorful salad to get your vegetables for the day.

### **Serves 8**

**Calories per serving: 290 Protein: 33g Carbohydrate: 18g Fat: 9g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

3 lbs lean boneless beef roast (arm, round, or rump)  
1/3 cup white vinegar  
1/2 tsp salt  
1/8 tsp ground cloves  
1 large onion cut into wedges  
3 bay leaves  
1 package of whole wheat hamburger buns  
sliced pickles (optional)

### **Preparation Instructions**

1. Trim fat from meat
2. Place all ingredients into a crockpot on low heat for 8 - 10 hours or until roast is tender.
3. Remove from cooker. Separate into bite sized pieces, shredding meat with 2 forks
4. Strain liquid and cool to remove fat.
5. Liquid may be used as a dipping sauce or you can use your favorite BBQ sauce.





# Stovetop Mexican Casserole

Contributed By: CPT Susan Stankorb DCN, RD, CNSC  
Chief, Education & Research Branch

A good casserole is very satisfying and this one is an easy weeknight solution when dinner just can't wait. This recipe is one of my Mom's weekday go-to's, she also likes it during the summer because it means not having to heat up the oven.

## Serves 4

**Calories per serving: 370 Protein: 35g Carbohydrate: 30g Fat: 14g**

(calorie data from myplate.gov recipe tracker, nutrient analysis with lean ground turkey breast meat)

## Ingredient List

1 lb lean ground beef or turkey  
1 cup of salsa  
1 package of taco seasoning  
1 cup water  
15 oz can black beans, rinsed and drained  
1 cup instant rice  
1 cup of shredded cheese  
¼ cup light sour cream

## Preparation Instructions

1. Brown meat in large skillet
2. Add taco seasoning, salsa, water and black beans and bring to a boil
3. Add rice, stir, cover, reduce heat to simmer for 5 minutes
4. Turn off heat and let sit for 5 minutes
5. Stir
6. Top with cheese and cover until cheese is melted
7. Serve with a dab of sour cream on top



## *Crockpot Mexican Beef or Elk*

Contributed By: Mrs. Denise Sprague RD, LD, CDE  
Outpatient Dietitian, Diabetes Educator

If you have a game hunter in the family, this recipe works well for game meat like elk or venison but plain beef from the grocery will also work. Game meat tends to be leaner than commercially raised meats; using venison in this recipe will keep the fat to 7g per serving.

### **Serves 8**

**Calories per serving: 315    Protein: 24 g    Carbohydrate: 39 g    Fat: 7g**  
(calorie data from myplate.gov recipe tracker, analyzed with venison)

### **Ingredient List**

1 1/2 - 2 lbs boneless beef or elk (round, lean stew meat, roast etc.)  
1 clove garlic chopped fine (use 1 tsp of minced)  
1/4 tsp pepper  
1/2 tsp salt  
1 Tbsp Chili powder  
1 Tbsp prepared mustard  
1 cube low sodium beef bouillon  
14.5 oz can of diced tomatoes  
14.5 oz can chili beans  
1 chopped large onion  
4 cups cooked brown rice

### **Preparation Instructions**

1. Mix garlic, pepper, salt, chili powder and mustard
2. Spread over meat
3. Cut meat into 1/2 inch strips
4. Place in crockpot with large onion, canned tomatoes, chili beans
5. Cover and cook on low 6-8 hours
6. Serve over cooked brown rice



## Curry Tofu & Cauliflower

Contributed By: LTC Marybeth Salgueiro DCN, RD, LD  
Assistant Chief, Department of Nutritional Medicine

If you enjoy Indian food, this is similar to aloo gobi, but uses tofu instead of potatoes. This changes the nutritional profile to add more protein. If you've never tried a dish with tofu, this might surprise you. Tofu takes on the flavor of whatever it is cooked with, and this recipe includes lots of spices!

### Serves 4

**Calories per serving: 450 Protein: 18g Carbohydrate: 70g Fat: 13g**  
(calorie data from myplate.gov recipe tracker)

### Ingredient List

14oz package of firm tofu  
1 medium onion, chopped  
2 Tbsp canola oil  
1 tsp mustard seed  
 $\frac{3}{4}$  tsp cumin seed  
2 tsp curry powder  
4 garlic cloves  
 $\frac{1}{2}$  inch piece of ginger, peeled and chopped  
4 cups cauliflower florets  
 $\frac{1}{4}$  cup water  
1 tsp salt  
14.5 oz can diced tomatoes, in juices  
4  $\frac{1}{2}$  cups cooked rice (basmati is preferred)  
 $\frac{1}{4}$  cup plain yogurt, low fat  
 $\frac{1}{4}$  cup cilantro, chopped

### Preparation Instructions

1. Put tofu on several layers of paper towels, cover with several more towels and top with a heavy skillet in order to fully drain the tofu. Let it stand for 20 – 30 minutes.
2. Once drained, cut tofu into  $\frac{1}{2}$  inch cubes.
3. Heat oil in non-stick skillet; add mustard seeds and cumin, cooking until seeds begin to pop.
4. Add onion and curry powder and cook stirring constantly until onion is tender
5. Place garlic and ginger into a food processor and process into a paste; stir into onion mixture and sauté approximately 1 minute.
6. Stir in tofu, cauliflower, water, salt and tomatoes cover and simmer on medium low heat 15 minutes.
7. Uncover, and increase heat to med and simmer an additional 10 minutes until cauliflower is tender.
8. To serve, spoon tofu mixture over cooked rice; spoon ~ 1 T yogurt on top and sprinkle with cilantro.



## *Salsa Chicken*

Contributed By: CPT Susan Stankorb DCN, RD, CNSC  
Chief, Education & Research Branch

Spicy food is always a favorite; this simple crockpot chicken recipe can be used for tacos or burritos or even served over a salad.

### **Serves 6-8**

**Calories per serving: 150 Protein: 24g Carbohydrate: 4g Fat: 3g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1lb chicken breast filets  
16oz jar of salsa (can be red salsa or salsa verde)

### **Preparation Instructions**

1. Place chicken in crockpot
2. Cover with salsa
3. Cook on low for 8-10 hours
4. Shred chicken (may need to remove from crockpot) with two forks and replace into sauce if needed
5. Serve in tacos or burritos



## *Roasted Spaghetti Squash with Mushroom Marinara*

Contributed By: Lt Miriam Craft MS, RD  
Clinical Dietitian

Spaghetti squash is a unique and tasty vegetable that can be easily substituted for pasta for a lower calorie, higher fiber alternative. Since vitamin D is difficult to get in the diet, buy vitamin D fortified mushrooms for a boost of this immune enhancing nutrient. Pair with the venison meatball recipe found in this cookbook for an awesome combo!

### **Serves 4**

**Calories per serving: 265 Protein: 10g Carbohydrate: 45g Fat: 5g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1 large spaghetti squash, split in half lengthwise, seeds removed  
1 Tbsp olive oil  
1 1/2 lb button mushrooms, washed and sliced  
1/2 large purple onion, medium dice  
4 cloves fresh garlic, minced  
6 oz can of tomato paste  
3/4 cup red wine of choice, something like a Cabernet  
15oz can of Hunt's Fennel & Red Pepper diced tomatoes  
28oz can of diced tomatoes  
3 Tbsp. dried sweet basil  
Salt of choice, and Pepper, to taste

### **Preparation Instructions**

1. Preheat oven to 375F. Lightly oil the cut sides and inner bowl of each squash half.
2. Roast, cut side up for 45min-1hr, or until squash is tender when pierced with a fork and the edges are browned.
3. While the squash is cooking, start the sauce; heat 1-2 Tbsp of oil in a 6-qt pot over medium-high heat.
4. Add sliced mushrooms, stir to coat, and cover with lid to sweat the mushrooms for a few minutes.
5. Remove lid, and add onions and garlic; cook until fragrant and onions become translucent.
6. When mushrooms begin to dry out and the bottom of the pot gets a brown coating reduce heat to medium and add the tomato paste, stirring to coat all veggies.
7. Next, add the red wine to deglaze the pot.
8. Add the remaining ingredients to sauce and simmer uncovered, stirring occasionally, while the squash finishes cooking.
9. Serve squash using a fork to remove the strands for the desired portion. Top with sauce.



## Venison Meatballs

Contributed By: Lt Miriam Craft MS, RD  
Clinical Dietitian

This is the perfect addition to the Spaghetti Squash and Mushroom Marina on the previous page. Venison is a very lean red meat (if not processed with other animal fats) and makes a great base for meatballs. This recipe can be made up to one day in advance and stored in the refrigerator to allow the flavors to marinate nicely. The baking method allows for a quicker cooking time and makes doubling or tripling this recipe easy. You can store the extra batches in the freezer for up to three months.

### Serves 4

**Calories per serving: 200 Protein: 26g Carbohydrate: 2g Fat: 9g**  
(calorie data from myplate.gov recipe tracker)

### Ingredient List

1 lb ground venison, or 97/3 lean ground beef  
1 large clove garlic, minced  
¼ c sundried tomatoes, oil packed, drained (julienne cut with herbs is best)  
¼ c Parmesan cheese  
1 tsp beef base  
1 egg, lightly beaten  
1 heaping Tbsp dried minced onions  
1 heaping tsp dried basil  
½ tsp oregano  
Salt of choice, and freshly ground pepper, to taste

### Preparation Instructions

1. Preheat oven to 325F.
2. Mix all ingredients together and form into meatballs about 1 ¼ inch in diameter.
3. Place on an ungreased, rimmed baking sheet.
4. Bake for ~15 minutes or until firm and the tops are nicely browned. If in doubt, cut one in half to determine preferred doneness. Enjoy!



## *Turkey Spinach Meatloaf*

Contributed By: CPT Karen Rowey RD, LD  
Nutrition Informatics

Believe it or not some of our family members aren't huge vegetable lovers so sometimes we have to sneak them in. Adding vegetables like spinach, shredded carrots, or zucchini to a meatloaf is one way to do just that. They may not mind so much when it's all wrapped together in one delicious package!

### **Serves 6**

**Calories per serving: 240 Protein: 33g Carbohydrate: 20g Fat: 4g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1 ½ to 2 lbs extra lean ground turkey breast  
¾ cup dry breadcrumbs (I like the Italian flavored breadcrumbs)  
¼-Cup Mrs. Dash® Garlic & Herb, Italian, or Original Seasoning Blend  
½ cup fat-free milk  
1/2 tsp freshly ground black pepper  
4 large egg whites  
2- 10oz packages frozen leaf spinach, thawed, drained, and squeezed dry  
½ cup ketchup

### **Preparation Instructions**

1. Preheat oven to 350°
2. Combine all ingredients, except the ketchup.
3. Pat meat mixture into a loaf pan (or two smaller loafs) coated with cooking spray.
4. Brush ketchup over the top of the loaf.
5. Bake at 350° for around 45 minutes or until a thermometer registers 160°
6. Let stand 10 minutes before slicing



## *Spicy Chicken with Rice & Black-eyed Peas*

Contributed By: LTC Marybeth Salgueiro  
Assistant Chief, Department of Nutritional Medicine

If you are tired of the same old chicken recipe this one will definitely put some kick into your dinner. The addition of black-eyed peas in this recipe adds an additional boost of protein, iron and dietary fiber. Fiber not only helps keep you full longer, but it helps eliminate excess cholesterol from your body, *and* keeps your GI tract in tip top shape.

### **Serves 4**

**Calories per serving: 295    Protein: 20g    Carbohydrate: 33g    Fat: 9g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

2 Tbsp olive oil, divided  
1 tsp paprika  
1 tsp Old Bay seasoning  
½ tsp sugar  
1/2 tsp salt, divided  
4 skinless chicken breast halves  
1 cup onion, chopped  
1 minced garlic clove  
1 ½ cup rice, cooked – choose whole grain for higher fiber  
1 tsp Tabasco  
15 oz can black-eyed peas  
1 or 2 green onions, sliced

### **Preparation Instructions**

1. Heat 1 Tbsp olive oil in a non-stick skillet.
2. Combine next 3 ingredients & ¼ tsp salt and sprinkle over chicken breasts.
3. Cook chicken approximately 2 minutes on each side.
4. Place chicken breasts in oven at 350 degrees for an additional 5-10 minutes to finish cooking, internal temperature should be 165°F. Remove from oven and cover.
5. Heat 1Tbsp olive oil in saucepan; add onion and garlic and sauté till tender.
6. Stir in cooked rice, ¼ tsp salt, Tabasco sauce and black eyed peas (undrained) & heat thoroughly – approximately 5 minutes.
7. To serve, put ¾ cup rice into a bowl with each chicken breast and top with green onions to taste.





# *Lasagna*

Contributed By: Mrs. Lisa Cameron RD, LD, CNSC, CDE  
Clinical Dietitian

This dish takes a little work and might be best reserved for a weekend when you're feeling adventurous. It is a little higher in fat and calories, but can still be enjoyed as a part of a balanced diet.

## **Serves 12**

**Calories per serving: 520   Protein: 40g   Carbohydrate: 35g   Fat: 24g**  
(calorie data from myplate.gov recipe tracker)

## **Ingredient List**

2 lbs lean ground beef or turkey  
1 large minced onion  
1-2 Tbsp minced garlic  
½ tsp ground black pepper  
1 tsp salt  
2 Tbsp dried basil leaves  
½ tsp dried sage  
½ tsp dried thyme  
1 Tbsp dried oregano leaves  
1 Tbsp dried parsley leaves  
2 Tbsp sugar  
1lb can tomatoes (drained)  
15oz can tomato sauce  
6oz can tomato paste  
¼ cup parmesan cheese  
8oz lasagna noodles  
24oz ricotta cheese  
1-1/2 lbs mozzarella cheese or any Italian blend

## **Preparation Instructions**

1. Preheat oven to 350 degrees.
2. In a large skillet brown meat, with onion, garlic and black pepper over medium-high heat
3. Add basil, sage, thyme, oregano, parsley and sugar
4. Mix in canned tomatoes, tomato sauce and tomato paste.
5. Simmer for 15 minutes then add parmesan cheese
6. While meat mixture is simmering, cook lasagna noodles according to package, drain and cool
7. Layer in lasagna pan: noodles, meat mixture, ricotta cheese, then mozzarella. Repeat 2 more times (3 layers).
8. Bake at 350 degrees for 25-30 minutes.
9. Let set for 5 minutes. Enjoy with a good glass of wine (See final recipe in this book for wine)

# Breads & Desserts





## *Pumpkin Date Bread*

Contributed By: LTC Marybeth Salgueiro DCN, RD, CNSC  
Assistant Chief, Department of Nutritional Medicine

This classic recipe contains pumpkin, which is loaded with antioxidants including vitamins C and beta-carotene, as well as lots of fiber to help manage your appetite. To make this recipe lower in fat, use 2 whole eggs and 4 egg whites instead of 4 whole eggs.

### **Serves 12**

**Calories per serving: 320 Protein: 8g Carbohydrate: 39g Fat: 16g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

2/3 cup margarine  
2/3 cup water  
2 tsp baking soda  
1/2 tsp baking powder  
1 tsp ground cloves  
1 tsp cinnamon  
1/2 tsp salt  
3 1/2 cup flour  
4 eggs  
1.5 small cans pumpkin (not pie filling)  
2/3 cup chopped walnuts  
2/3 cups chopped dates

### **Preparation Instructions**

1. Preheat oven to 350 degrees
2. Mix eggs, pumpkin and water in large bowl.
3. Cream margarine and sugar, and add to egg and pumpkin mixture and mix all together.
4. Add flour and other dry ingredients and mix until blended.
5. Add dates and walnuts.
6. Pour into greased loaf pans and bake at 350 degrees for 65 minutes. If using mini loaf pans, reduce cooking time by ~ 10 minutes.



# *Chocolate Covered Peanut Butter Balls*

Contributed By: Mrs. Lisa Cameron RD, LD, CNSC, CDE  
Clinical Dietitian

This delicious combination of chocolate-covered crunchy cereal mixed with creamy peanut butter is a savory treat that is sure to bring you back to your childhood! You can make a large batch to share with co-workers, friends, or to serve at your next holiday party.

## **Serves 50**

**Calories per serving: 160 Protein: 3g Carbohydrate: 13g Fat: 12g**

(calorie data from myplate.gov recipe tracker)

## **Ingredient List**

3 cups crushed Rice Krispies cereal  
2 cups smooth peanut butter  
1 stick butter, melted  
1lb powdered sugar  
1lb chocolate almond bark

## **Preparation Instructions**

1. Crush Rice Krispies (in large zip-lock bag with rolling pin) and then pour into large mixing bowl.
2. Microwave peanut butter until soft (about 60 seconds, stirring at about 30 seconds).
3. Stir both peanut butter and butter to cereal.
4. Next, stir in powdered sugar.
5. Roll into small 1" balls.
6. Chill several hours.
7. After balls have chilled for several hours, follow instructions on package for melting almond bark.
8. Dip and roll balls into chocolate and then cool on wax paper.



## *Fudge Batter Pudding*

Contributed By: Mrs. Denise Sprague RD, LD, CDE  
Outpatient Dietitian, Diabetes Educator

Surprise, dietitians love dessert, too! Desserts can fit within a healthy diet as long as we don't over-indulge. So give yourself permission to enjoy something worth enjoying every now and then without feeling guilty about it! Depriving ourselves and/or classifying foods as "good" or "bad" may sabotage our efforts to eat right. Such a mindset can create the perfect scenario for over-indulging later on — so a little now may save going overboard later!

### **Serves 8**

**Calories per serving: 215   Protein: 3g   Carbohydrate: 42g   Fat: 6g**

(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

1 cup flour  
1 cup sugar, divided (1/2 cup portions)  
3 Tbsp + 1/3 cup cocoa, divided  
2 Tsp baking powder  
1/2 tsp salt  
1/2 cup milk  
3 Tbsp margarine or butter, melted  
1 tsp vanilla  
1 2/3 cups hot water

### **Preparation Instructions**

1. Grease 2 quart casserole
2. In casserole, mix together flour, 1/2 cup sugar, nuts, 3 Tbsp. cocoa, baking powder and salt
3. Combine milk, butter, and vanilla; stir into flour mixture to blend well.
4. Sprinkle evenly with remaining 1/3 Cup cocoa and 1/2 Cup sugar
5. Pour hot water on top, DO NOT STIR.
6. Bake in 350 F oven for 40 minutes. Will have cake on top and liquid on the bottom when done.



## *Blueberry Turtles*

Contributed By: Maj Amanda Sager RD, LD, MS, CHES  
AF Nutritional Medicine Flight Commander & U.S. Military Dietetic Internship Site Coordinator

Sometimes we try to get a serving of fruit in with our desserts and these simple blueberry turtles are a way to do that. Blueberries & dark chocolate are rich in antioxidants, and blueberries can be relatively inexpensive when bought in season.

### **Serves 8**

**Calories per serving: 155   Protein: 3g   Carbohydrate: 17g   Fat: 10g**  
(analyzed to included nuts; calorie data from myplate.gov recipe tracker)

### **Ingredient List**

2 cups fresh blueberries  
½ cup finely chopped nuts, your choice (optional)  
¾ cup of dark chocolate chips

### **Preparation Instructions**

1. Clean blueberries with water and strain.
2. Place blueberries in clumps about the size of 1/2 a credit card on a cookie sheet covered in parchment paper.
3. If desired, sprinkle nuts on top of each blueberry clump.
4. Place chocolate chips in a microwaveable container; microwave for 45-60 seconds, or until melted.
5. Drizzle the melted chocolate over each pile of blueberries and chopped nuts until covered well. Use more chocolate chips as needed.
6. Place in the refrigerator and cool until firm - about 5 minutes.



## *Peach Pecan Pie*

Contributed By: Mrs. Denise Sprague RD, LD, CDE  
Outpatient Dietitian, Diabetes Educator

To support sustainable food systems, it is wonderful to buy local produce. This limits shipping time and ensures that your produce is picked near the peak of ripeness. While we prefer that most of the time you enjoy fruit in its raw natural form, here is a simple recipe for peach pie to help you use those Texas peaches next peach season. To reduce the calories in this recipe you may substitute both the white and brown sugar for Splenda® sugar alternatives.

### **Serves 8**

**Calories per serving: 390 Protein: 4g Carbohydrate: 58g Fat: 18g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

6 cups peeled, sliced peaches  
3/4 cup sugar  
3 Tbsp tapioca  
Single pie crust (pre-made, 9")  
1/2 cup flour  
1/4 cup firmly packed brown sugar  
4 Tbsp butter  
1/2 cup chopped pecans

### **Preparation Instructions**

1. Preheat oven to 425°F
2. Mix peaches, sugar and tapioca and let stand while preparing pastry for 9 inch pie.
3. Combine flour and brown sugar. Cut in butter until mixture is crumbly. Stir in pecans.
4. Sprinkle 1/3 of mixture over bottom of uncooked pastry shell, top with peach mixture, sprinkle with remaining pecan mixture evenly over top.
5. Bake at 425°F for 10 minutes then at 350 F for 20 - 25 minutes or until peaches are done and begin to bubble.



# *Skinny Chocolate Meringues*

Contributed By: LTC Marybeth Salgueiro DCN, RD, CNSC  
Assistant Chief, Department of Nutritional Medicine

These low calorie chocolate treats are a great way to indulge with moderation, they taste so good and rich and melt away in your mouth all that at only 50 calories each! These are a favorite treat when they are brought into the Department of Nutritional Medicine.

## **Serves 24**

**Calories per serving: 50   Protein: 1g   Carbohydrate: 9g   Fat: 1g**

(calorie data from myplate.gov recipe tracker)

## **Ingredient List**

3 ½ Tbsp unsweetened cocoa powder

2/3 cups confectioners' sugar

½ Tbsp cornstarch

4 egg whites

1/3 cup sugar

1 tsp vanilla

4oz candy bar (I usually use Skor® or Snickers®) – cut into small pieces

## **Preparation Instructions**

1. Preheat oven to 275°F
2. Cover two baking sheets with tin foil
3. Sift together cocoa powder, confectioners' sugar and cornstarch in a small bowl
4. In a separate larger bowl or stand mixer, beat egg whites until soft peaks form
5. Gradually add sugar and continue beating until whites are stiff. Mix in vanilla extract. Gently fold in the cocoa mix and candy pieces.
6. Drop by heaping teaspoon onto lined pans and bake at 275°F for 1 hour





# *Mrs. Woodruff's Holiday Kentucky Butter Cake*

Contributed By: LTC Marybeth Salgueiro DCN, RD, CNSC  
Assistant Chief, Department of Nutritional Medicine

We call this one a once a year dessert! Unlike the delicious chocolate meringues, sadly, this qualifies as a high fat, high sugar, high calorie dessert – consume in moderation and only occasionally, but when you do, ENJOY!

## **Serves 12**

**Calories per serving: 520 Protein: 6g Carbohydrate: 67g Fat: 25g**  
(calorie data from myplate.gov recipe tracker)

## **Ingredient Lists**

### Cake

1 cup butter, softened  
2 cup sugar  
4 eggs  
3 cup flour  
1 tsp salt  
1 tsp baking powder  
½ tsp baking soda  
2 tsp vanilla  
1 cup buttermilk

### Sauce

½ cup sugar  
¼ cup water  
½ cup butter  
2 Tbsp light rum

## **Preparation Instructions**

1. Preheat oven to 350 degrees
2. In large bowl, cream butter
3. Gradually add sugar, beating until light and fluffy
4. Add eggs one at a time, beating well after each addition.
5. Add remaining cake ingredients (except sauce). Blend at low speed until moistened. Beat two minutes at medium speed, scraping bowl occasionally.
6. Pour batter into greased 10 inch bundt pan.
7. Bake 60-65 minutes or until top springs back.
8. For the sauce, combine all ingredients, except rum in a saucepan. Heat until butter is melted. Stir in rum.
9. Prick top of cake with fork, pour warm sauce over cake.
10. Cool cake completely before removing from pan.

# *Beverages*





## *Post Workout PB&J Recovery Shake*

Contributed By: Lt Miriam Craft MS, RD  
Clinical Dietitian

This recipe features PB2 powdered peanut butter, a low-fat alternative to traditional nut butters, with all the flavor of roasted peanuts. It can be found at most grocery stores with other nut butters. Try this recipe for a post-workout recovery shake, or a lighter dessert.

### **Serves 2**

**Calories per serving: 205 Protein: 15g Carbohydrate: 39g Fat: 1g**  
(calorie data from myplate.gov recipe tracker)

### **Ingredient List**

½ ripe banana  
½ cup plain, non-fat Greek Yogurt  
1½ cups frozen seedless grapes (any color), or other frozen fruit of choice (try strawberries!)  
2 Tbsp. PB2 powdered peanut butter  
1 cup low-fat milk, or non-dairy milk of choice, adding more/less for desired consistency

### **Preparation Instructions**

1. Combine all ingredients in blender; blend until creamy.



## *Vino a Prezzi Accessibili*

Contributed By: Ms. Leslie Hourigan MS, RD, CNSC  
Chief, Inpatient Nutrition Services

Last dietitians' secret: though many of us love food and cooking, not all of us do (gasp!), but that doesn't mean that we don't find ways to enjoy the taste of eating right without a lot of cooking or preparation effort.

For those who can consume alcohol a 5oz serving of red wine is 125 calories. Moderation is considered no more than 1 alcoholic drink per day for women and no more than 2 drinks per day for men (and you can't save them up to use on one day!)

Red wine provides a healthy dose of resveratrol, an antioxidant which may help prevent damage to blood vessels. Most research has been conducted in animals rather than in people, so there is much debate about the impact of resveratrol in humans. Still, red wine contains more antioxidants than white wine due to the fermenting process. For those who choose not to drink alcohol, the antioxidant resveratrol is found in the skin of the grape and eating grapes with the skin on can help you get this antioxidant in your diet.

### **Serves 4-5**

**Calories per serving: 125 Protein: 0g Carbohydrate: 4g Fat: 0g**

(calorie data from myplate.gov recipe tracker)

### **Ingredient List Cake**

1-bottle of affordably priced red wine  
1-ice cube optional

### **Preparation Instructions**

1. Visit your favorite wine shop, grocery store, or other beverage retailer & purchase an affordably priced red wine
2. Return home
3. Get bottle opener
4. Open bottle.
5. Pour 5 oz wine and maybe add 1 ice cube if desired
6. Enjoy responsibly